 1%  
HEALTH SCORE

## East Side New York Half-Sour Pickles

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



2 min.

SERVINGS



30

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

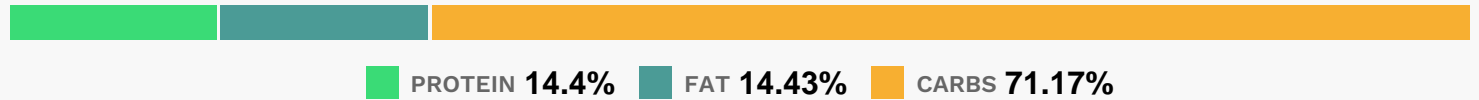
- 30 small cucumber
- 2 quarts water
- 0.5 cup salt
- 3 ounces pickling spices
- 3 garlic clove smashed

### Equipment

## Directions

- Fill a 1-gallon jar with cucumbers; set aside.
- In a separate container, mix together water, salt, pickling spices, and garlic.
- Pour over cucumbers and then cover with waxed paper to keep cucumbers in the solution.
- Leave out for 2 weeks without refrigeration!

## Nutrition Facts



## Properties

Glycemic Index:2, Glycemic Load:0.59, Inflammation Score:-3, Nutrition Score:4.0495652491632%

## Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 26.86kcal (1.34%), Fat: 0.5g (0.77%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 3.83g (1.39%), Sugar: 2.18g (2.43%), Cholesterol: 0mg (0%), Sodium: 1894.77mg (82.38%), Alcohol: 0g (100%), Protein: 1.12g (2.25%), Vitamin K: 11.38µg (10.84%), Manganese: 0.21mg (10.43%), Vitamin C: 6.26mg (7.59%), Potassium: 246.07mg (7.03%), Copper: 0.14mg (7.02%), Fiber: 1.72g (6.9%), Magnesium: 23.54mg (5.89%), Folate: 23.15µg (5.79%), Vitamin B6: 0.09mg (4.51%), Calcium: 44.46mg (4.45%), Vitamin B5: 0.38mg (3.81%), Phosphorus: 36.84mg (3.68%), Vitamin B1: 0.05mg (3.5%), Iron: 0.57mg (3.16%), Vitamin A: 129.1IU (2.58%), Vitamin B2: 0.04mg (2.45%), Zinc: 0.31mg (2.08%)